



Polenta Corn Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



73 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 tablespoons butter melted
- 18 servings chipotle sauce
- 1 cup corn kernels frozen canned drained (fresh-cut, , or)
- 1 large eggs
- 0.7 cup flour all-purpose
- 0.5 cup green onions sliced

- 1 cup polenta
- 0.3 teaspoon salt
- 1 teaspoon sugar

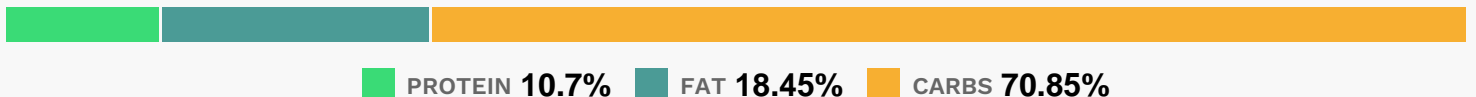
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- spatula

Directions

- In a large bowl, mix polenta, flour, baking powder, soda, sugar, and salt.
- Add egg and buttermilk. Beat with a whisk until batter is smooth. Stir in onions, corn, and butter.
- Place a griddle or 10- to 12-inch frying pan (nonstick, if desired) over medium heat. When it's hot, spoon batter in 1/4-cup portions onto griddle, spacing slightly apart. Cook until edges look dry, turn with a wide spatula, and brown bottoms, 2 to 3 minutes total.
- Serve pancakes as cooked, or arrange in a single layer on racks on baking sheets and keep warm in a 150 oven up to 15 minutes.
- Stack pancakes on plates and serve with chipotle sauce added to taste.

Nutrition Facts



Properties

Glycemic Index:14.95, Glycemic Load:2.81, Inflammation Score:-1, Nutrition Score:2.1173912986465%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 73.24kcal (3.66%), Fat: 1.51g (2.33%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 12.28g (4.46%), Sugar: 1.18g (1.32%), Cholesterol: 10.33mg (3.44%), Sodium: 151.77mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Selenium: 4µg (5.71%), Vitamin K: 5.8µg (5.52%), Folate: 15.38µg (3.84%), Vitamin B1: 0.05mg (3.6%), Fiber: 0.81g (3.23%), Vitamin B2: 0.05mg (2.94%), Manganese: 0.06mg (2.83%), Phosphorus: 27.3mg (2.73%), Iron: 0.44mg (2.46%), Vitamin B3: 0.49mg (2.44%), Vitamin A: 107.43IU (2.15%), Calcium: 18.13mg (1.81%), Vitamin B5: 0.14mg (1.41%), Magnesium: 5.57mg (1.39%), Vitamin B6: 0.02mg (1.25%), Potassium: 41.13mg (1.18%), Copper: 0.02mg (1.03%)